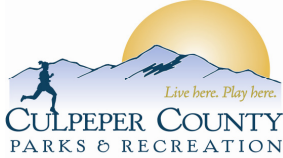


Echoes of Glory 5K
April 19, 2008



Fee by April 11: \$20
Fee April 12 to day of race: \$25 Register online at Active.com

Celebrating Culpeper’s Remembrance Days, this 5K fun run is a great way to get out and enjoy some quality personal or family time. The course is on a paved road with gently rolling hills thru the beautiful historic countryside. Male & female over-all race winners and 1st – 3rd place group winners will receive awards in the following age categories: 14 & under; 15-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70+. Walkers are welcome to participate, but there will not be a separate category. Participants that pre-register are guaranteed an event T-shirt. Refreshments will be available before and after the race. Packet pickup available at The Depot, 111 S. Commerce St. Culpeper Friday 4/18 from 9a-7p or at the race from 7:45a-8:45a. After the race, enjoy visiting the numerous events going on as part of Culpeper’s Remembrance Days Celebration. For details on the Remembrance Days events visit www.visitculpeperva.com and select the events calendar. To register for the race please use race registration form or register online at Active.com.

Race Coordinator: Tabitha Riley
Location: Brandy Station Fair Grounds, 20057 Fleetwood Heights Road, Brandy Station, VA 22714

Race at 9:00am Registration 7:45a-8:45a

| | | | |
|-----------|------------|---------------|--|
| Last Name | First Name | M.I. | Birth Date |
| Address | | | |
| City | State | Zip | |
| Day Phone | | Evening Phone | Email (confirmations will only be done by email) |

Please check the appropriate box for your Gender & Age category at the time of the race:

☐Male☐Female
☐14&Under☐15-19 ☐20-29 ☐30-39 ☐40-49☐50-59 ☐60-69 ☐70+

Please indicate t-shirt size: ☐S ☐M ☐L ☐XL
(Registrations must be received by April 11 in order to be guaranteed a t-shirt)

Assumption of Risk and Release: In agreeing to participate in the program, as an adult participant or as a parent or a guardian of a participant, I and/or the participant do hereby affirm that the general health of the participant is good, and that the participant is not adversely affected by exercise, and that the participant is capable of performing an activity of this nature.
In consideration of participating in this activity, I and/or the participant do hereby assume all risk of any injury to the participant and will indemnify and hold harmless, from any and all liability, action, cause of action, claims, and demands of every kind or nature whatsoever that I and/or the participant have or which arise from or in connection with my participation in this activity, the County of Culpeper, Virginia, the County Board of Supervisors, the Culpeper County Department of Parks and Recreation, the Culpeper County School Board, the Town of Culpeper, and all their officers, agents, employees, staff, volunteers and successors.
It is likewise assumed and agreed that the participant will, at his own expense, wear the proper clothing and protective equipment during the activity, and that it is the responsibility of the participant or parent or guardian to make sure the criteria are met. I grant my permission to the county or its agents to transport the participant to and from an event or activity when required and hold harmless those assigned to transport. I also agree to allow transportation of the participant to the nearest physician or hospital for medical treatment and agree to allow for immediate first aid to the injured participant, if and when deemed necessary.
Media Release: I understand that I may be photographed and/or videotaped while participating in this activity. I agree to allow Culpeper County Parks & Recreation Department to use said photographs and/or videotapes in Department publications, media campaigns, educational and/or safety purposes, but not for any profit-making activity. I further waive any remuneration for publishing and/or printing such photographs of me. I understand that by affixing my signature on this form that I attest to having read, fully understand and agree to the conditions as set forth above.

_____ Date

Participant Signature
Parent Signature (if participant is under 18)

Families First
P.E.P.
Parenting Education

Come join other parents!
Children don’t come with instructions!

Families First is offering classes for
parents and caregivers
of children under the age of 5.

Where: Culpeper Regional Hospital
Conference Room
Time: 6:00– 8:00 PM
Cost: \$15.00 (cash only)
charge for textbook
(required)
Phone: (540) 829-2065 ext 309
to register
Sorry, No Daycare provided!

Classes

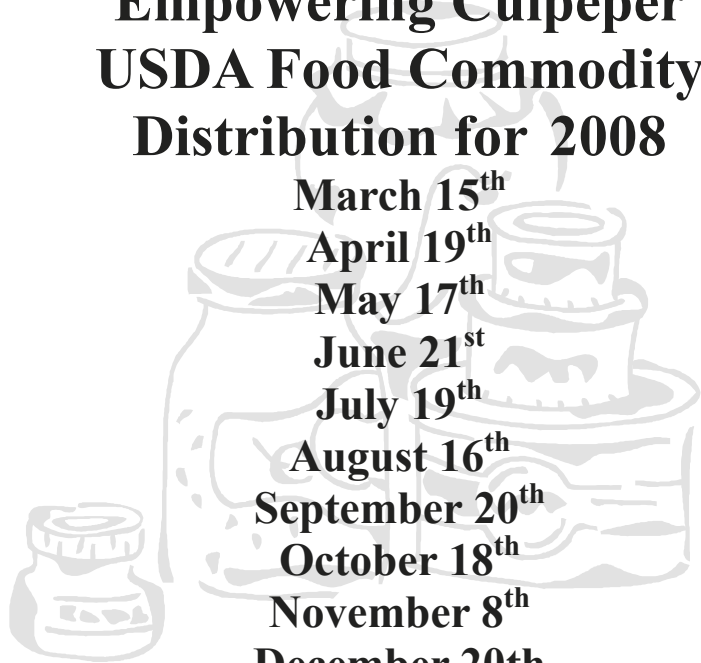
3-week sessions:
March 5th, 12th, 19th
April 2nd, 9th, 16th
May 7th, 14th, 21st
June 4th, 11th, 18th



763 Madison Road, Suite 209 Culpeper, VA 22701
540-829-2065

Food Distribution

Empowering Culpeper USDA Food Commodity Distribution for 2008

March 15thApril 19thMay 17thJune 21stJuly 19thAugust 16thSeptember 20thOctober 18thNovember 8thDecember 20th

Time: 9:00 a.m. to 11:00 a.m.

Where: Providence Bible Church

740 Old Brandy Road

Culpeper, VA 22701

Families who are income eligible will be enrolled to receive food commodities on a monthly basis.

Households that receive Food Stamps or Medicaid or Supplemental Security Income (SSI) are automatically eligible.

The Culpeper Connector provides drop-off and pick-up transportation to the church.

Please be there on time. Registration and distribution will take some time.

For more information, or if you would like to volunteer, please contact Vicki Richards at 829-2065 ext. 309.

Healthy Culpeper /Empowering Culpeper Committee

Families First/Healthy Families Culpeper consists of three separate programs:

WELCOME HOME BABY

Support and Resource Service



A recent poll indicated that most parents said they wished they had received more support and assistance during their pregnancy and in caring for their newborn. All of us feel the need for guidance and help when it comes to parenting. Welcome Home Baby is available to provide that extra support to every parent in Culpeper County. We offer free information and referrals related to parenting. As a parent in our community, you may have questions about where to go for:

- Child Care Providers
- Child Development Information
- Parent Support Groups
- Prenatal and Parenting Classes
- AND SO MUCH MORE!

Welcome Home Baby will offer you support in exploring the following:

- **Preparing** for the birth of your child.
- **Understanding** the importance of caring for yourself during pregnancy.
- **Nurturing** the relationship with your baby.
- **Planning** for your family's future.
- **Guiding** your community resources and information to meet your specific needs.

Welcome Home Baby is:

- Free.
- Voluntary.
- Available to every mother who lives in Culpeper.

Welcome Home Baby wants you to know what to anticipate in the upcoming birth of your child, and we want you to feel successful as a new parent.

Having a healthy pregnancy and raising a happy, healthy child is so important - but, it is not an easy job!

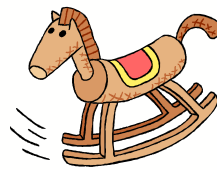
HEALTHY STEPS

Home Visitation Program

Healthy Steps is a program that supports new and expecting parents. We provide support and information that is helpful in raising a healthy child. Healthy Steps is a free, voluntary, confidential program for Culpeper County families.

Healthy Steps:

1. Helps parents learn new and fun ways to interact with their baby
2. Uses developmental tools to see how baby is growing
3. Helps parents develop goals and make them a reality
4. Promotes positive parent-child relationships
5. Promotes healthy childhood growth and development
6. Enhances family problem-solving skills
7. Provides home visitation for participants who qualify
8. Connects families to resources, and provides:
 - Parenting classes
 - Infant massage classes
 - Parent group activities
 - Child development curriculum



Healthy Steps provides a Family Support Coordinator who visits with families to support them and help them learn about child development, nurturing and bonding, nutrition, safety and other issues related to parenting.

The Family Support Coordinator will begin with once-a-week visits for about an hour. Then, depending on the needs of the family, the Family Support Coordinator can decide when to have fewer visits.

The P.E.P. Program

Parent Education Program

"Parenting Your 1 – 4 Year-Old"

Families First is offering support for parents of children under the age of 5.

Come join other parents and share all your successes and challenges of raising a toddler.

The next sessions are scheduled for:

April 2nd, 9th, 16th
May 7th, 14th, 21st
June 4th, 11th, 18th
July 2nd, 9th, 16th

The 3-week session is held from 6:00 – 8:00 pm in the Culpeper Regional Hospital Conference Room.

There will be a \$15.00 charge for a parent handbook

No daycare is provided.

Please call 829-2065 ext. 309 and register, or come and join the first class.



**healthy
families
culpeper**

763 Madison Road
Suite 209
Culpeper, VA 22701
(540) 829-2065
(540) 829-0927 fax



Aging Together
Community Volunteering: Together We Can!

Aging Together is a community partnership working to improve quality of life for our growing population of older adults. It takes volunteers of all ages to make our community responsive and friendly for elders. Our column this month profiles one outstanding volunteer in Culpeper County who is doing just that. Together we can!



Joe Kratochvil

When Joe Kratochvil sees a need, he does something about it! An active Culpeper resident for over 30 years, Joe may be retired, but as a community volunteer he is by no means retiring. Joe graciously agreed to share his thoughts on his experiences as a volunteer:

What kind of things are you involved in?
I volunteer a lot with the Knights of Columbus, where I’ve been a member for 50 years. I chair the Community Committee, finding and assigning Knights with expertise - like carpenters and electricians - to do various home repair projects, especially for widows.
Over the years I’ve helped with all kinds of things, such as setting up the Food Closet at St. Stephen’s, finding adults to supervise *Work Camp, recycling materials to raise funds for K of C projects, delivering food to the Community Food Basket distribution point, helping with the Soap Box Derby, and transporting older people to doctor appointments.

What got you interested in volunteering?
I’ve been volunteering since I was in grammar school, helping the teacher. I started recycling at an early age, during the Depression, to help bring in money for the family. Sometimes I’d help neighbors by cutting their grass at no charge.
My mother has been a good role model for me. At 90 she volunteered to help take care of old folks who were ailing!

I enjoy seeing someone appreciate what I’ve done. I get satisfaction from knowing that I was able to do what was needed. I have the ability. I have the time—why not use it to the good instead of wasting it?

What would you like to tell others about volunteering?
There is a need out there. There are more people living longer, some who could use extra help and support. There are also more retired specialists with skills that shouldn’t go to waste. I hope to help instill an interest in volunteering. I want to light a fire under ‘em!

*Starting this month Aging Together is launching a campaign to increase volunteering by and for seniors. Be on the lookout for a **Garden of Volunteer Opportunities** coming to locations throughout Culpeper during the week of April 20th.*

To find out about volunteer opportunities contact Jill Skelton at the Piedmont Volunteer Center, 540-825-0317 email volunteer@piedmontunitedway.org or visit the website: <http://1-800-volunteer.org/1800Vol/piedmont>

Visit the Aging Together website at www.agingtogether.org to learn about what we’re doing in Culpeper and throughout the region.

**Work Camp is an Arlington Catholic Diocese summer program where crews of teens, chaperones and adult contractors work on homes to make them warmer and safer. Many older adults in this region have benefited from the work of these dedicated volunteers.*

Healthy Culpeper Adult/Senior Committee
says “Thank you!” to participating gas stations making life a little easier for seniors

Service stations of yesteryear are coming back! Local service stations here in Culpeper County are partnering with Aging Together’s Healthy Culpeper Senior Adult Committee to help meet the needs of seniors in the community. One goal of the Senior/Adult Committee is to plan and implement services to improve the lives of older adults in Culpeper County.

Years ago gas stations provided “full service.” When you drove your car into the station, an attendant filled up the gas tank, checked the fluids and tire pressure and cleaned the windshield.

Today many seniors live alone on fixed incomes and sometimes with disabilities, and are not able to perform basic preventive car inspections themselves. The Senior/Adult Committee has contacted area service stations and asked that they consider offering additional services to seniors at no charge.

The following service stations have agreed to check vehicle fluids and tire pressure for no charge.

Rosson and Troilo
540 825-8799

Battlefield Toyota
540 547-3702

Chrysler of Culpeper
540 827-4086

Berry’s Tire & Automotive
540 825-7109

Auto Medic 1
540 399-1200

Merchants Tire & Auto Center
540 825-8851

Rogers Fleet Service, Inc.
540 829-7908

Integrity Automotive, Inc
540 727-8034

Hale Auto Service
540-829-5400

Some of these stations also offer additional services, such as filling fluids or cleaning the windshield.

Healthy Culpeper Senior/Adult Committee is grateful to the participating service stations for taking steps to make life easier for seniors.

If your service station would like to participate in this program, or you want to learn more about Aging Together, please contact Jenny Biche at 540-825-7615, email jbiche@agingtogether.org

March is National Nutrition Month – Learn How to Read Food Labels for Good Health

Look at the nutrients next. Nutrients include the fats, cholesterol, sodium, fiber and vitamins. Eating foods that have too much fat, saturated fat, *trans* fats, cholesterol and sodium can lead to chronic diseases like heart disease, cancer and high blood pressure. We should eat more of the nutrients such as dietary fiber, vitamin A, vitamin C, calcium and iron which help to reduce ch

These label-reading tips can help you to make fast and effective food choices for a healthy diet. For more information on label reading please visit the American Dietetic Association's website at www.eatright.org or call at 800/366-1655.

Mary K. Collins, MS, CHES
District Health Educator
Culpeper County Health Department

Emergency Services

Culpeper County Emergency Services takes pride in our service to County residents.

Who are we? There are ten volunteer Fire and/or Rescue stations serving our citizens. Volunteers at these stations are supplemented by a career staff of twenty-three employees of the County Office of Emergency Services.

What do we do? With a blend of volunteers and career employees we respond to calls for fire, rescue or emergency medical services.

Who Pays? Due to an increase in demand for Fire and Rescue services in Culpeper County, the operating budget has increased. To offset the increase in budget, a program called Revenue Recovery was instituted. With this program, Culpeper County Office of Emergency Services applies directly to Medicare, Medicaid and private insurance companies for financial reimbursement for the cost of necessary ambulance transports.

Where does the money go? All funds recovered from insurance companies through the Revenue Recovery program are put back into the County's budget for expenses of career personnel in Emergency Medical Services. This will support personnel trained in advanced life support.

What about Volunteer Fire and Rescue Departments? The County supports operating costs, but community donations support capital operating expenses. Volunteer Fire and Rescue Departments still need your support and donations!

What if I can't pay? Never hesitate to call 911 because of inability to pay or lack of insurance.

How will I pay my bill? The County has a program called Compassionate Billing. For additional information please contact the Culpeper County Office of Emergency Services.

Where can I get the waiver form? Contact Diversified Ambulance Billing (800)355-1753. This is a toll-free call.



Emergency Transport



Emergency Medical Care

Culpeper County Office of Emergency Services
15166 Richmond Road
Culpeper, VA 22701 (540)727-7161

How Does the RRMRC Benefit Our Community?

- By providing supplemental personnel to bolster public health and emergency response activities. For example: assisting with the Culpeper County Schools Body Mass Index study and the recent Drive-Through Flu Vaccination exercise.
- By providing presentations to your organization, church or business on Pandemic Influenza and All-Hazards Preparedness.
- By working with emergency management, public health and disaster preparedness agencies. The RRMRC is a member of VOAD (Voluntary Organizations Active in Disasters).
- By providing educational information such as CPR classes and the medication box included here.

**Rappahannock-
Rapidan**

medical
reserve
corps



**Culpeper-Fauquier-Madison
Orange-Rappahannock**



RRMRC Volunteer Debbie Baker assists with Traffic Control at the Health Department's Drive-Through Flu Vaccination Drill

You can learn more about the RRMRC and the dates for the variety of trainings offered by going online at

<http://rrmrc.vdh.virginia.gov>

To schedule a presentation for your business or community group please contact the RRMRC office at 540-829-7350 ext 132, or rrmrc@vdh.virginia.gov

When Was the Last Time You Cleaned Out Your Medicine Cabinet?

- The FDA recommends that you clean out the area where you store medicines and first aid supplies at least once a year. The drugs in your medicine cabinet do have an expiration date just like the food in your refrigerator.
- Discard outdated products, damaged containers, and old supplies.
- Restock low or missing supplies.
- Keep all items in original containers to avoid confusion.

Volunteers Protecting Local Public Health

Claudia L. Vento
 Medical Reserve Corps Volunteer Coordinator
 540-829-7350 x 132

Virginia Cooperative Extension

A Partnership of Virginia Tech College of Agriculture and Life Sciences
and Virginia State University School of Agriculture
Culpeper County Office—101 S. West Street
540-727-3435 www.ext.vt.edu/offices/culpeper



4-H Youth Development

Cristy Nibblins, Extension Agent, Unit Coordinator

SHARE-THE-FUN CONTEST– “Star Search”, “American Idol”, “Rock Star”, “Next Top Model/Designer” all rolled up into one contest.

Show us your singing, dancing, musical or acting talent in the Share-The-Fun Contest or show us your eye for fashion by competing in our Fashion Revue contest. Your act can have up to 4 performers.

Share-the-Fun and Fashion Revue contests will have sign-ups at the Extension Office on March 27. Bring all of your own music and props and be prepared to show me your act for approval. Please remember that any questionable music or dress will not be permitted. The contest will be held on **Thursday, April 3**, with a show for friends and family being held the following night, **Friday, April 4**. Details of the location are still being arranged and will be shared with you when you come to the Extension office on March 27 to register.

A registration form and more information is available on our website: www.ext.vt.edu/offices/culpeper/local_programs/county_contests



Soil Test to Help Manage Lawn Nutrients

Carl C. Stafford, Extension Agent

Readers will be interested to learn about the results from the “Urban Nutrient Management” project completed last fall with the help of a team of volunteers and with the support of local and state government. The project focused on helping homeowners better understand soil testing, fertilizer rates, application, timing, and placement accuracy of fertilizer onto home lawns.

Fertilizing lawns is a common practice for citizens living in the watershed and a logical action for those who wish to grow a lush, green lawn. In Extension we regularly mention the value of soil testing, and many homeowners and farmers make use of our soil testing lab to find out how much fertilizer is needed.

Soil testing in the developing area in the Lake Pelham watershed is a logical place to start, if you are interested in making changes in nutrients at risk of moving off of the land. The project focused on small lots that were close together in this watershed, where we thought there would be more risk of nutrients falling onto paved surfaces. This usually happens when fertilizer is applied to lawns in the form of granular fertilizer, and it falls onto a paved, impervious surface. These paved surfaces would be areas adjacent to the lawn, most likely the sidewalk, the driveway or even the public road. When fertilizer falls on impervious surfaces it is likely to end up in the water, as the next rain will easily wash it downhill and eventually, it could end up in the water.

Nutrient enriched surface waters usually result in algae blooms that impact water quality, can harm animal life in the water, and from a drinking water treatment perspective, result in added costs and difficulty at the water plant. Besides, the fertilizer bought is not giving you your money’s worth, when part of it moves off site.

The project tested soil from 145 privately owned home lawns located in the Lake Pelham watershed. We started with county government maps provided by the kind folks in the department of development, planning and zoning. These maps were used to identify high density development locations, and letters were mailed out to these landowners asking them to participate in the project - many thanks to those who did.

When lawn soil is tested, you learn about nutrients that are already in the soil and find out about any shortages. Our fertilizer recommendations that come back with the test results help you make decisions about buying fertilizer for your lawn. The confusing part of the recommendation is the type of fertilizer to

buy. This comes from not understanding the numbers on the fertilizer bag, which is easy to happen. The numbers on the side of the bag relate to percentages of nutrients and together are called the “analysis”. A popular fertilizer is 10 - 10 – 10, which contains 10% nitrogen (N), 10% phosphorous (P) and 10% potassium (K). These nutrients (N-P-K) are always represented on the side of the bag, in the same order and are percentages.

Fertilizer is usually sold in 50 pound bags, so 10% of 50 would be 5 pounds. In a 50 pound bag of 10-10-10 fertilizer you have 5 pounds of N, 5 pounds of P and 5 pounds of K. When first starting a lawn you may need a balanced fertilizer, but on most established lawns an unbalanced fertilizer will meet the recommendations of the soil test.

Over application of balanced fertilizer will eventually result in a build up of P and K in the soil and will waste your fertilizer dollar. Very few soil tests call for a balanced fertilizer to be used, so another confusing issue comes up. What fertilizer analysis am I looking for? In the project we were only able to successfully explain this to 30% of the participants, which was our fault as not enough details were provided.

Fertilizer recommendations are made per 1000 square feet, and we know that one acre contains 43,560 square feet. Measure your lot, or if you know the size, subtract the foot print of your house, flower beds, driveway and any other non-lawn areas to figure out how many square feet are in the lawn. The soil test does not check for N but will make recommendations based on plant growth requirements with typical N rates maxing out at 3 pounds per 1000 square feet per year. We suggest you spread this out over three months in the fall, but one application can be made in October if you like. The test does look for P and K and will give recommendations for these elements per 1000 square feet.

Fertilizer is often sold with an analysis that is in a common ratio. 16-4-8 fertilizer has a 4-1-2 ratio and 14-7-14 fertilizer has a 2-1-2 ratio. Mature lawns usually need more N than P & K, and fertilizer ratios of 4-1-2 or 4-1-3 will supply the needed N while not over applying P and K.

We hope when you make applications of fertilizer to your lawn that you are aware of the overspread that falls onto paved surfaces and sweep up this product and put it back on the lawn. This will help reduce extra nutrients that can find their way into the water.

www.ext.vt.edu

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Virginia Cooperative Extension
Culpeper County Office—101 S. West Street
540-727-3435 www.ext.vt.edu/offices/culpeper

FAMILY AND CONSUMER SCIENCES

Linda Murphy, Senior Extension Agent

Parenting Cooperative Program

A workshop series – Thursday or Saturday Sessions – Culpeper Baptist Church

With A Taste of 4-H on Saturdays

A collaboration with Culpeper County Human Services

Virginia Cooperative Extension (VCE) is partnering with the community to provide this program based on the Positive Parenting curriculum to encourage social development in youth, ages 4-12, and their parents.

Parenting Cooperative, Parts I and II each, address topics of interest in three 2-hour sessions. Participants may choose sessions held Thursdays or Saturdays. Fun, enriching 4-H activities are provided onsite during Saturday sessions to youth ages 4-12.

3 Components:

➊ **Positive Parenting** – research-based curriculum and methods proven effective provide parents the knowledge and potential to strengthen parent-child relations, and increase and improve level of social skills. This program prepares youth and adults for achieving and maintaining self-sufficiency, nurtures the capacity for conscientious parenting, and encourages cooperation and effective communication.

➋ **A Taste of 4-H** – during the Saturday sessions, this program provides a safe and positive environment for youth, ages 4-12. Various fun and educational activities, centered on The 6 Pillars of Character, encourage social development.

➌ **Cooperative** – Upon completion of Part I or Part II, parents may volunteer with A Taste of 4-H of a following session – an opportunity to be involved with their children, to model civic responsibility, and to increase community connections. Volunteers will receive free child enrichment time for self-care and self-improvement.

Complete the registration form and return it to: VCE – Culpeper Office, 101 S. West Street, Culpeper, VA 22701. THIS IS A FREE PROGRAM!!!

Parenting Cooperative Program – SPRING 2008

Please complete **all** information.

Are you a participant _____ or a volunteer _____ ?

Name _____

Phone _____ evening _____ day _____

Address _____

City/State _____ Zip _____

I / We plan to attend the following 6-part session:

Thursdays – Adults Only Part I _____ Part II _____

Saturdays w/ A Taste of 4-H Part I _____ Part II _____

Youth (ages 4-12) Registration for *A TASTE OF 4-H SATURDAYS ONLY*

Please list all children with their ages that will be attending this program.

Name _____

Age _____

Name _____

Age _____

Name _____

Part I Age _____

Thursdays

6:00 - 8:00 p.m.

April 3, 10 and 17

Part II

Thursdays

6:00 - 8:00 p.m.

May 8, 15 and 22



Part I w/ 4-H

Saturdays

10:00 a.m. – 12:00 p.m.

April 5, 12 and 19

Part II w/ 4-H

Saturdays

10:00 a.m. – 12:00 p.m.

May 10, 17 and 24

Farm Business Management

Peter Callan, Extension Agent



Beginning Farmer 101 Workshop

Are you thinking about starting a farm business? How will you determine the enterprises that meet your income needs, time commitments and match your interests to your farm's resources?

Virginia Cooperative Extension has developed a Beginning Farmer 101 Workshop for new landowners who are interested in starting agricultural businesses. The program covers the following topics: basic agronomy and soil fertility, vegetable and fruit production, animal agriculture and farm business management.

The workshop will include farm visits and classroom instruction. Farm visits will be conducted throughout the growing season to see examples of topics covered in the classroom.

The Virginia Cooperative Extension offices in Culpeper and Warrenton will be offering a Beginning Farm 101 Workshop beginning on April 11. The workshop will be held on the second Friday of each month from April – September.

If you would like to participate in this program, please contact Peter Callan at the Culpeper Virginia Cooperative Extension office, 727-3435, ext 342.



If you are a person with a disability and desire any assistive devices, services, or other accommodations to participate in any Extension activity, please contact Virginia Cooperative Extension, Culpeper Office, at (540)727-3435 during business hours of 8:00 a.m. to 5:00 p.m., Monday through Friday, one week prior to this event to discuss accommodations.



The Busy Person's Guide to Lawn Care

The choices you make in maintaining your lawn can make a real difference in the health of local streams and downstream in the Chesapeake Bay. Indeed, you can help protect the Bay and have a respectable-looking yard by doing virtually nothing at all. Take a minute to consider some easy tips to help simplify lawn care. With all the time you save, you can spend more time on your deck snoozing, watching clouds or enjoying a nice cold beverage.

1. Use a Mulching Lawn Mower. These mowers recycle lawn clippings on your yard, help build your soils, and preserve landfill space. According to surveys, nearly 60% of Bay residents practice this form of grass recycling. Using a composting mower can help meet at least a fourth of the nutrient needs of your yard and save dozens of hours of bagging over the course of a summer. It also reduces the amount of stuff that goes into our landfills.

2. Mow Higher and Less Frequently. You can control weeds by shading them out. Set your mower height to three inches, and you will have both a healthier lawn and fewer weeds. Turf grass experts caution that cutting grass too short is the second leading cause of problem lawns. Be sure to re-adjust the cutting height come fall, though. This will reduce winter-time diseases.

3. Don't Bother with Herbicides; You Really Can't Win. An average acre of soil contains more than 200 million "weed" seeds in the top six inches of soil, which germinate under the right moisture, light and temperature conditions. Indeed, when you turn over grass and expose the underlying soil, about five percent of these seeds can germinate, or about 250 weeds per square foot. Don't get involved in a battle you can't win, and remember that the naked eye generally cannot distinguish between a perfect lawn and one containing at least a few weeds.

4. Take Advantage of a Harsh Winter. One of the few benefits of a harsh winter is that extreme cold temperatures and frozen ground can greatly increase the mortality of many common insect pests in our region. You might want to keep the pesticide applicator in the garage, unless pests become a problem.

5. Honey, I Shrunk the Lawn! A great way to save a lot of time is to try to shrink your yard by about five percent each year. Start with the soggy and/or steep areas that are difficult to mow. Dig out the lawn and replace it with flower and shrub beds. There are many attractive ways to do this. You can lay down three or four inches of mulch and plant some container grown plants. Or visit your local lawn and garden store and buy a meadow seed mix for about \$10. These

mixes contain colorful annual and perennial seeds that can attract butterflies and hummingbirds to your home.

6. Plant a Fruit Tree or a Native Shrub. Birds love to eat insects and grubs, so try attracting them by planting native trees or shrubs that produce tasty berries. Then, sit back on your deck and let the birds do the work. Big insect-eaters include bluebirds, cardinals, robins, nuthatches and tufted titmice.

7. Select a Good Natural Lawn Care Company. About 25% of us use the services of a lawn care company to take care of our yards. While it is laudable to have somebody else to do the sweating, a good slacker should insist on a company that uses organic fertilizers and natural pest management techniques. Although just about every lawn care company has the word "green" in its name, this doesn't necessarily mean that it practices environmentally-responsible lawn care.

8. Turn Off the Spigot. Established lawns will survive a few weeks without rain, so save both money and time by reducing or eliminating lawn watering.

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2008 Rain Barrel Workshops

If you want to conserve water or even lower water costs, a rain barrel is just one step in promoting environmental conservation practices. A rain barrel collects and stores rainwater from your rooftop to use later for things like lawn and garden watering and washing pets. A barrel will save water during peak summer months for use outdoors, instead of paying a higher water bill or using your well and electricity.

The Culpeper Soil and Water Conservation District will be hosting several workshops in our coverage area this summer (Culpeper, Greene, Madison, Orange and Rappahannock).

The District currently has a list of over 55 people interested in attending a rain barrel workshop.

If you would like to be added to that list, call Stephanie DeNicola at 540-825-8591 or send an e-mail to Stephanie.DeNicola@va.nacdnet.net

For more information about lawn care, best management practices, reporting pollution, moving dirt and other issues regarding soil and water conservation please contact Stephanie Rose DeNicola, Communications Specialist of Culpeper Soil & Water Conservation District at (540) 825-8591.



BUILDING DEPARTMENT
When is a Permit Required?

With spring fast approaching, our minds turn to outside projects. Through the years there has been much confusion over what requires a permit and what does not.

Let’s start with the repair and maintenance of the exterior of a typical single-family dwelling. The following are exempt from requiring a permit: replacement of roof coverings (tar paper, shingles, wood shakes, metal roofing, etc), replacement windows and doors, siding, ornamental trim, porch and sun deck flooring boards (excluding structural work) and of course painting. Not all repairs are evident prior to starting the project. Many times rot or insect infestation is discovered during the demolition stage and you now find that the structural member’s integrity has been compromised. Depending on the severity of the damage, a permit may be required. Please call or visit us and let the Building Official evaluate the problem and determine if you have a need for a permit.

It is important to remember, when replacing windows and doors, that the new units fit within the existing openings without alteration to the structural members. When replacing windows in a bedroom, you want to make sure you do not reduce your egress opening, impeding your escape during a fire. This is sometimes difficult to do in older homes. Fortunately with the wide variety of products available, even the older home can be brought up to current code. The following are bedroom egress guidelines: only *one* egress opening is required per bedroom, the bottom of the opening can be no higher than 44” above the finished floor, the clear opening shall be 5.7 square feet for all floors except for grade level, a minimum of 5 square feet is required. The opening can be no less then 20” wide and 24” high. If you purchase a double hung window and both sashes tilt in, without the use of a key or tool, the whole opening can be used to meet the requirements.

If a sun deck is on the to do list, we have taken some steps to shorten the permit process. We have made available the Deck Package. This is an all encompassing permit and code compliant prescriptive method on deck construction. There is a catch; the package only pertains to one level, simple span sun decks without a roof. For more complex decks and decks with roofs, plans will have to be submitted and reviewed. The advantage of the Deck Package is - the permit is issued while you wait.

Spring is the time to start planning for the hot days of sum-

mer. Almost all swimming pools need permits. If you purchase a pool that meets any *one* of the following criteria, a permit is required: 24” or greater in depth, greater than 5,000 gallons or having a surface greater than 150 square feet. It is imperative that the proper permits are obtained for all pools - both above and below ground types— Yes, even the soft or inflatable wall style that can be purchased at the local department store. There are certain barrier (fencing) and electrical requirements that need to be met. This is to ensure the safety of all who use the pool, especially your children. Pools are also magnets for neighborhood kids.

Fences and privacy walls are exempt from permit as long they *do not* exceed six feet in height and do not act as a barrier for a swimming pool or hot tub.

Retaining walls supporting *less* than 24” of unbalanced fill (earth, stone etc.) and do not impound Class I, II or III-A liquids or support a surcharge other than ordinary unbalanced fill are exempt from permitting. Please contact us to obtain our retaining wall policy.

Detached accessory structures used as tool and storage sheds *exceeding* 150 square feet are required to have building permits. Yes even the prefabricated sheds that are dropped off the back of a trailer and the metal carports need permits.

If you are planning a big outdoor event such as a wedding, graduation party or similar gathering and you are renting a tent for the occasion, keep in mind the following: if the tent covers an area that is in *excess* of 900 square feet or has an occupant load *exceeding* 50 persons, a building permit shall be required.

What’s a birthday party without a moon bounce or rock climbing wall? These are two of many that the state of Virginia classifies as amusement devices. If the device is being set up on private property for a private party, a permit is not required. If the devices are on public property (public park, business site, church grounds etc.), permits are required.

We hope this helps you in the planning for your upcoming project or event and as always, if you have any questions please contact us at 540-727-3405. For code and technical questions please choose option #3 and for general information, option #4.

Wishing you a safe spring.

Robert P. Orr, CBO
Building Official Culpeper County

Frequently Requested Culpeper Telephone Numbers

| | |
|--------------------------------------|----------|
| Culpeper Post Office | |
| South Main Street | 829-8435 |
| Social Security Office | |
| 101 S. West Street | 825-3501 |
| Employment Commission | |
| 529 Meadowbrook Shopping Center..... | 829-7430 |

| | |
|--|----------|
| DMV—Department of Motor Vehicles | |
| 440 Southridge Parkway | 727-3251 |
| Chamber of Commerce | |
| 109 S. Commerce Street | 825-8628 |
| Culpeper Connector | |
| Trolley Service | 829-0505 |
| VDOT Virginia Department of Transportation | |
| 1601 Orange Road..... | 829-7500 |

From Your Commissioner of the Revenue
Terry L. Yowell



COMMISSIONER
OF THE REVENUE

DIVISION OF REAL
ESTATE
ASSESSMENTS

Attention Tangible Personal Property Owners!

You will receive a **NEW FORM** this year for reporting tangible personal property. You will no longer receive the annual Vehicle License Application/Return of Tangible Personal Property (decal form) from the Town or County Treasurer. Instead, property owners will receive one form from the Commissioner of the Revenue to report all tangible personal property. This form will be preprinted with all tangible personal property information we have on file as owned by you effective January 1st.

In accordance with the Code of Virginia §58.1-3518.1, and Culpeper County Code section 12-2(a) **OWNERS OF CARS, LIGHT TRUCKS, MOTORCYCLES, LARGE TRUCKS, ROAD TRACTORS (SEMI), TRACTOR TRAILERS, UTILITY TRAILERS, BOAT TRAILERS, CAMPER TRAILERS, MOTOR HOMES AND BOATS NO LONGER NEED TO RETURN THIS FORM UNLESS YOU HAVE A CHANGE TO REPORT.** This type of reporting is commonly referred to as “File by Exception”, or otherwise known as the Alternative Method of Filing. If you have changes to report, you must return this form by May 1st. Changes may include property owned (additions and/or deletions) as of January 1st, ownership name, address, use, mileage or situs (jurisdiction) for taxation. If the preprinted information is correct and complete, you do not need to return this form for the classes of property listed above.

The Return of Tangible Personal Property will also include Aircraft and Manufactured Homes owned as of January 1st. The Code of Virginia continues to require owners of Aircraft and/or Manufactured Homes to file annually with the Commissioner of the Revenue. If you own either of these classes of property as of January 1st, you must return this reporting form by May 1st in order to avoid the late filing penalty.

Owners of Tangible Business Personal Property and Machinery & Tools are also required to report property owned as of January 1st by the May 1st deadline to avoid the late filing penalty.

More importantly, if you do not receive a reporting form, you may obtain the appropriate return by contacting the Commissioner’s office or online at www.culpepercounty.gov and under Elected Officials, click on the Commissioner of the Revenue page. **ALL PROPERTY SUBJECT TO PERSONAL PROPERTY TAX MUST BE REPORTED AT THE TIME OF ACQUISITION REGARDLESS OF WHETHER OR NOT YOU RECEIVE AN ANNUAL PREPRINTED REPORTING FORM.**

There are a number of **important filing deadlines** coming up for 2008:

- April 1** Tax Relief for the Elderly & Disabled
- May 1** Personal Property (new acquisitions as of January 1st)
- May 1** Business Personal Property and Machinery & Tools
- May 1** Aircraft and Manufactured Homes
- May 1** Virginia Income Tax (2007 tax year)
- May 1** High Mileage (as of January 1) Documentation
- November 1** Land Use Program (new enrollment effective for the following tax year)

As always, if you have any questions, please call 540-727-3443, email me at Tyowell@culpepercounty.gov or come by the office located on the ground floor of the Courthouse at 135 W. Cameron Street.

The Real Estate Assessments Division of the Commissioner of the Revenue’s Office is proud to announce that we now have four full-time appraisers on staff, and the 2009 general reassessment is under way. One of the appraisers may already have visited your neighborhood in their efforts to reassess each property at market value and to ensure that assessments are accurate and equalized. Your continued cooperation is truly appreciated, and we invite you to call or stop by the office, if there are any questions or concerns during this process.

Applications for tax relief for the elderly and/or disabled for 2008 real estate taxes were mailed January 15, 2008. They must be returned to the Real Estate Assessments office by April 1, 2008. If you did not receive a letter, and your income for 2007 was less than \$35,000 and your net worth less than \$200,000 (excluding your home and lot/1 acre of land), please contact the office for further information.

Letters went out in January requesting income and expense information on leased income-producing properties for the calendar years 2006 and 2007. This information is due no later than April 30, 2008. The information on these surveys will be held in strictest confidence and will be used as part of the process in determining value based upon income. This is another tool utilized to ensure assessments are fair and equitable.

The Real Estate Assessments Division of the Commissioner of the Revenue’s Office is located in Suite 100 at 118 West Davis Street and is open to the public weekdays from 8:30AM to 4:30PM. The office phone number is (540) 727-3411. If you have any questions or concerns regarding real estate valuation or the associated programs, please do not hesitate to contact our office.

Commissioner of the Revenue
135 West Cameron Street
540-727-3443
Real Estate Assessments Office
118 W. Davis Street
540-727-3411
8:30-4:30 M-F

OFFICE OF THE TREASURER
CULPEPER COUNTY
David L. DeJarnette, Treasurer



Culpeper County Permanent Decal Requirement:

Traditionally in the spring of each year, Culpeper County taxpayers receive a form requiring their purchase of an annual vehicle decal for each licensed vehicle with a “Culpeper County” garage jurisdiction. With our change in 2007 from the “Annual Vehicle Decal” to the new “Permanent Decal”, no decal application forms will be mailed this year. Culpeper County residents should already be displaying the new Permanent Vehicle Decal for those vehicles owned in 2007 and will be billed their annual License Tax fees on their Personal Property tax bills to be issued and mailed in October 2008. If you have purchased a new or used vehicle after January 1, 2008, and your vehicle has a “Culpeper County” garage jurisdiction, you will need to contact our office in order to purchase a new Permanent Decal for that vehicle.

Dog Tag Purchase Requirement:

Culpeper County requires that every dog of resident owners or custodians who reside within the boundary limits of the County be licensed on an annual basis (unless the dog is trained and serves as a guide for a blind person or a hearing dog for a deaf or hearing-impaired person). This **includes** dogs that reside in the Town or are exclusively house pets.

New Commonwealth of Virginia laws introduced in 2007 require that veterinarians notify local Treasurers of all monthly rabies vaccinations. If the owner does not purchase a dog tag within 90 days of the vaccination, they will be billed for the fee. If after 30 days notice, the owner still has not purchased a dog license, the Treasurer shall notify animal control of all owners who received rabies vaccines and have not purchased a dog license.

You may purchase your dog license/tag by mail or in person at one of two locations: Culpeper County Treasurer’s Office, Courthouse Building, 135 W. Cameron Street Culpeper VA or Department of Animal Services 10144 James Monroe Highway Culpeper VA. The current fees are **\$10.00 for a sexed dog** or **\$5.00 for an unsexed dog**. Kennel license tags are sold at Treasurer’s Office only and are sold in blocks of ten (10) for \$50.00.

Phone: (540) 727-3442 Fax: (540) 727-3478 E-mail: ddejarnette@culpepercounty.gov

DOG LICENSE / TAG APPLICATION

TO PURCHASE YOUR DOG LICENSE BY MAIL (OR THROUGH ANIMAL SERVICES), PLEASE COMPLETE THE FOLLOWING APPLICATION (ONE FOR EACH DOG), ATTACH A COPY OF THE RABIES CERTIFICATE, AND RETURN/MAIL TO: Culpeper County Treasurer, PO Box 1447, Culpeper, VA 22701-6447

OWNER’ S LAST NAME: _____, FIRST: _____ MIDDLE: _____
CO-OWNER’S LAST NAME: _____, FIRST: _____ MIDDLE: _____
ADDRESS: _____ TELEPHONE: _____
PET’S NAME: _____ BREED: _____ COLOR: _____
SEX: ☐ Male \$10.00 ☐ Female \$10.00 ☐ Unsexed (neutered or Spayed) \$5.00

----- (For OFFICE Use Only - RABIES CERTIFICATE VERIFICATION and PAYMENT INFORMATION) -----
LICENSE YEAR _____
DOG TAG ISSUED: _____ RABIES CERTIFICATE ATTACHED: _____ EXPIRATION DATE: _____
DATE: _____ AMOUNT ENCLOSED: \$ _____ CHECK # _____ or CASH ENCLOSED: _____
DEPUTY’S NAME: _____ SIGNATURE: _____



Hello Culpeper County,

I would like to take this opportunity to thank all for your support of the Culpeper County Sheriff's Office through this time of transition. I would also like to thank all employees of the Culpeper County Sheriff's Office for their continued dedication to this Office and the residents of Culpeper County. We have experienced many positive changes since the start of the New Year and foresee many more. I would like to invite everyone to the Richardsville Volunteer Fire Department, Thursday April 3rd at 7:00pm, for the first quarterly report meeting of 2008. I will be discussing events that have occurred in the last quarter and goals for the future of the Culpeper County Sheriff's Office, as well as answer any questions the public may have.

On December 28, 2007, the Star Exponent printed an article for the Culpeper County Sheriff's Office. The article asked for anyone with used cell phones to donate them to the Sheriff's Office. Once the cell phones are donated, we send them to a company that refurbishes them and provides us with cell phones that are only capable of calling 911. The proceeds in turn are used for senior citizen programs. Since that article was published, we have had a steady flow of cell phones being donated. I would like to thank all of you for your continued support. Together we can make a difference.



110 W. CAMERON ST. CULPEPER VA. 22701
PHONE: (540) 727-7520 FAX: (540) 727-3466
WWW.CULPEPERSHERIFFSOFFICE.COM



**Have you become physically and/or verbally abusive to your spouse or significant other?
Help is available.**

**Contact Culpeper County Criminal Justice Services at 540-727-3450
for a referral to a treatment provider.**

Culpeper Minutes

A Quarterly Publication of
The Culpeper County
Board of Supervisors



The Administration Building
302 North Main Street
Culpeper, VA 22701

Phone: 540-727-3427
Fax: 540-727-3460

dhoffman@culpepercounty.gov

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Spring 2008

Culpeper Minutes

Issue Thirty-One

Culpeper Regional Airport Remembrance Days April 19th and 20th

The Culpeper Regional Airport will participate in the Culpeper Remembrance Days activities being held on Saturday and Sunday, April 19th and 20th and will include an open hangar day at the National Capitol Squadron's (NCS) hangar and museum, open to the public and free of charge. Weather permitting many of the squadron's warbirds will be out and flying. In addition, a World War II encampment with the L-5 "Gayle Ann" will be located adjacent to the ramp area.



The EAA chapter's "Young Eagles" aircraft and pilots from Manassas and Fredericksburg will be giving free rides to youngsters aged 8 to 17. Parents must accompany the children for sign-ups for the rides. The rides will be from 10 am to 4 pm on Saturday only (rain day is Sunday).

During the dedication of the WWII and Korean Memorial Park in downtown Culpeper,

the NCS will perform a fly-over of the event at 2 pm.



Telephone Number for Virginia Department of Transportation (VDOT): 540-829-7500
To report Road Hazards or Snow-Flood Conditions: 800-367-7623 Toll Free